

HAWAII AIKIDO FEDERATION

5th, 4th, 3rd, 2nd KYU EXAMINATION REQUIREMENTS

5th Kyu (60 Hours)

1.	Shomenuchi Ikkyo (Omote & Ura)
2.	Shomenuchi Iriminage
3.	Katatetori Shihonage (Omote & Ura)
4.	Ryotetori Tenchinage
5.	Tsuki Kotegaeshi
6.	Ushiro Tekubitori Kotegeashi
7.	Morotetori Kokyunage
8.	Ukemi: Forward (Left & Right)
	Backward (Left & Right)
	Samurai Walk (Knee Walk)

4th Kyu (80 Hours)

1.	Shomenuchi Nikyo (Omote & Ura)
2.	Yokomenuchi Shihonage (Omote & Ura)
3.	Tsuki Iriminage
4.	Ushiro Tekubitori Sankyo (Omote & Ura)
5.	Ushiro Ryokatatori Kotegeashi
6.	Suwari Waza: Shomenuchi Ikkyo
	Katatori Nikyo (Omote & Ura)
	Katatori Sankyo

3rd Kyu (100 Hours)

1.	Yokomenuchi Iriminage (2 ways)
2.	Yokomenuchi Kotegeashi
3.	Tsuki Kaitennage
4.	Ushiro Ryokatatori Sankyo (Omote & Ura)
5.	Morotetori Iriminage (2 ways)
6.	Shomenuchi Sankyo (Omote & Ura)
7.	Suwari Waza: Shomenuchi Nikyo (Omote & Ura)
	Shomenuchi Iriminage
8.	Hanni Handachi: Katatetori Shihonage
	Katatetori Kaitennage (Uchi & Soto Mawari)

2nd Kyu (120 Hours)

1.	Shomenuchi Shihonage
2.	Shomenuchi Kaitennage
3.	Yokomenuchi Gokyo
4.	Ushiro Tekubitori Shihonage
5.	Ushiro Tekubitori Jujinage
6.	Ushiro Katatori Kubishime Kokyunage
7.	Morotetori Nikyo
8.	Hanni Handachi: Shomenuchi Iriminage; Katatetori Nikyo; Yokomenuchi Kotegaeshi
9.	Jo Taiso
10.	Bokken Taiso: Suwari; Tachi
11.	Randori (2 persons)